

# SANDWELL TALKING THERAPIES

Previously known as  
Sandwell Healthy Minds

## MATERNAL EMOTIONAL WELLBEING

*“Are you pregnant or have you recently had a baby?”*



*“Have you lost a baby? (Miscarriage, still birth Sudden Infant Death Syndrome (SIDS) (also known as Cot death), termination)”*



*“Has your pregnancy / birth been difficult?”*

*“Have you suffered with postnatal depression in the past?”*



**Yes ? Then Talking Therapies can help you .....**

*Specialist support is available for you or your partner.*

To book your initial appointment, call

**0121 612 6650**

or self-refer via

[www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)

